

Y

YOGI SURPRISE SEQUENCE

Y



LET LOVE IN

Y

1ST EDITION • LIMITED RUN

Y

LET LOVE IN

This sequence will invite you to prepare yourself to receive love. As you flow, open your heart and invite love into your life by increasing your love-attracting energy.



BREATH OF JOY 2



WARRIOR 1
Virabhadrasana 1



TRIANGLE POSE
Trikonasana



WILD THING
Camatkarasana



CAT POSE
Bitilasana



CAMEL POSE
Ustrasana